





**Lunch**

**2011**

# FEBRUARY

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Nutrients  |
|---|---|--|--|---|--|
| <b>Menu items are subject to change based upon availability</b>   | <b>1</b> Hot & Spicy Chicken Wrap<br><br>Whole Wheat Penne & Meatballs in Tomato Sauce<br>Italian Vegetable Medley<br>Diced Pear<br><u><b>Manager's Option</b></u><br>Cheeseburger on Bun | <b>2</b> <b>PROFESSIONAL DEVELOPMENT DAY</b><br><br><b>STAFF ONLY</b><br><br><b>NO STUDENTS (HAPPY GROUNDHOG DAY)</b>  | <b>3</b> Chef's Salad w/Hard Boiled Egg & Garlic Bread<br><br>Stuffed Crust Pizza<br>Seasoned Carrots<br>Peach Cup<br><u><b>Manager's Option</b></u><br>Chicken Nuggets                              | <b>4</b> Grilled Cheese on Multigrain Sliced Bread w/Tomato Soup<br><br>Pizza Quesadilla<br>Seasoned Peas<br>Pineapple Cup<br><u><b>Manager's Option</b></u><br>Chicken Patty on Multi Grain Burger Bun | KCals 695.17<br>Protein 27.1g<br>Vit A 3909.8 (IU)<br>Vit C 23.5mg<br>Iron 3.49mg<br>Calc 479.52mg<br>T.Fat 18.63g<br>S.Fat 8.4g     |
| <b>7</b> Cheese Ravioli w/Tomato Sauce<br>Garlic Bread<br><br>Beef Hot Dog On Bun<br>Blueberry Betty<br>Oven Fries<br><u><b>Manager's Option</b></u><br>Hot Sausage on Bun    | <b>8</b> Spicy Southwestern Pizza<br>Meatball Sandwich on 6" Philly Roll<br>California Vegetable Medley<br>Peach Cup<br><br><u><b>Manager's Option</b></u><br>Chicken Tenders             | <b>9</b> Chef's Salad w/Tuna<br>Whole Wheat Dinner Roll<br>4x6 Sicilian Pizza<br>Tossed Romaine Salad<br>Italian Dressing<br>Fresh Orange<br><u><b>Manager's Option</b></u><br>Chicken Patty on Multi Grain Burger Bun | <b>10</b> Oven Baked Crunchy Fish Filet<br><br>Turkey Salad on Philly Roll<br><br>Mixed Fruit Cup<br>Oven Fries<br><u><b>Manager's Option</b></u><br>Chicken Nuggets                                 | <b>11</b> Cheeseburger on Bun<br><br>Chili Cheese Wrap with Salsa<br>Black Bean Brown Rice<br>Applesauce<br>Seasoned Carrots<br><u><b>Manager's Option</b></u><br>4x6 Pizza                             | KCals 785.38<br>Protein 30.35g<br>Vit A 3266.29 (IU)<br>Vit C 40.48mg<br>Iron 3.56mg<br>Calc 452.76mg<br>T.Fat 22.71g<br>S.Fat 8.01g |
| <b>14</b> Loaded Potato Strips<br><br>Stuffed Shells w/ Tomato Sauce<br>Italian Vegetable Medley<br>Cinnamon Apples<br><u><b>Manager's Option</b></u><br>Cheeseburger on Bun  | <b>15</b> Chili Cheese Wrap with Salsa<br><br>Chicken Tenders<br>Oven Fries<br>Blueberry Betty<br><u><b>Manager's Option</b></u><br>Cheeseburger on Multi Grain Burger Bun                | <b>16</b> Turkey Ham & Cheese on 6" hoagie Roll<br>Buffalo Chicken Pizza<br>Tossed Romaine Salad w/Italian Dressing<br>Diced Pear<br><u><b>Manager's Option</b></u><br>Chicken Patty on Multi Grain Burger Bun         | <b>17</b> Cheeseburger on Multi Grain Bun<br>Pizza Quesadilla<br><br>California Vegetable Medley<br>Pineapple Cup<br><u><b>Manager's Option</b></u><br>Chicken Nuggets                               | <b>18</b> Buffalo Chicken Patty on Bun w/Lettuce & Pickle or Lasagna w/Tomato Sauce<br>Tossed Romaine Salad w/ Italian Dressing<br>Mixed Fruit Cup<br><u><b>Manager's Option</b></u><br>5" Round Pizza  | KCals 742.49<br>Protein 27.92g<br>Vit A 2444.96 (IU)<br>Vit C 29.98mg<br>Iron 3.77mg<br>Calc 489.86mg<br>T.Fat 23.03g<br>S.Fat 7.28g |
| <b>21</b><br><br><b>PRESIDENTS DAY SCHOOLS CLOSED</b>   | <b>22</b> Teriyaki Chicken over Fluffy Rice<br><br>Tuna Salad on Philly Roll<br><br>Steamed Broccoli<br>Cinnamon Apples<br><u><b>Manager's Option</b></u><br>Cheeseburger on Bun          | <b>23</b> Chef's Salad w/ Hard Boiled Egg & Italian Dressing<br>Garlic Bread<br>Stuffed Crust Pizza<br>Seasoned Carrots<br>Peach Cup<br><u><b>Manager's Option</b></u><br>Chicken Patty on Multi Grain Burger Bun      | <b>24</b> Grilled Cheese on Multigrain Sliced Bread w/Tomato Soup<br>Cajun Chicken<br>w/Black Bean Brown Rice<br>Seasoned Peas<br>Pineapple Cup<br><u><b>Manager's Option</b></u><br>Chicken Nuggets | <b>25</b> Cheese Ravioli w/Tomato Sauce<br>Garlic Bread<br><br>Beef Hot Dog On Bun<br>Blueberry Betty<br>Oven Fries<br><u><b>Manager's Option</b></u><br>Hot Sausage on Bun                             | KCals 779.94<br>Protein 29.46g<br>Vit A 3099.22 (IU)<br>Vit C 33.42mg<br>Iron 3.35mg<br>Calc 434.82mg<br>T.Fat 22.29g<br>S.Fat 9.29g |
| <b>28</b> Stuffed Crust Pizza<br><br>Meatball Sandwich on 6" Philly Roll<br>California Vegetable Medley<br>Peach Cup<br><br><u><b>Manager's Option</b></u><br>Chicken Tenders |    | <b>Manager's Daily Entre Option:</b><br><br>Salad bar<br><br>Deli Bar  |   | <b>Assorted Fresh Fruit and/or Canned Fruit &amp; a Variety of fat content White or Chocolate and Lactaid milk are offered daily</b>  |  |